



### Optimal Health & Wellness

Developing a healthy, active lifestyle has always been a big part of the RVS experience. Kilometre Club generally kick-starts the year for staff and students, and gets us all moving, and PE class continues this work as classes truly enjoy their time with our physical education expert Mr. Sampson, or alternately with their homeroom teacher! In classrooms, movement breaks continue to be an important part of the daily routine, and creative furniture helps kids move while they work - wobble stools, standing desks, bikes, and so on.

Research is clear – physical activity is good for the learning brain, so we try to make sure kids have lots of opportunities to get moving, and hope that the experiences they have now will lead them to positive life-long habits. We also know it's a very important part of good mental health, and encourage students to stay active whenever possible, which may include joining a school sports team or just ensuring they run around at recess time.

As a school we continue to make every effort to also support positive mental health for students and staff. As an Admin team we recently did an in-house audit of the many ways we are supporting students with social-emotional wellness. The data was something to be really proud of...The various supports include:

- Family School Wellness (Mrs. Korver)
- YES Program (Mr. J)
- Mentorship (Mr. Sampson & Mrs. Wilson)
- Library opportunities (Mrs. Blackhurst)
- SET (Social Emotional Specialist Sarah Gunderson)
- Designated Supervision (various Educational Assistants)
- Youth Mental Health Clinic (Dr. Somerville & RN Irma van den Hadelkamp)
- Early Risers (Mr. J)

We are proud to say that close to 100 students are being served via these various people and programs.

Overall, health and wellness is on the minds of us all as we continue to navigate the various health challenges that arise. We are thankful for your continued support around wellness initiatives, and wish everyone a healthy and prosperous 2024!

Sincerely,

Leslie Cooper-Shand  
Principal



January 08, 2024  
Students' Return



January 23, 2024  
School Council  
Meeting 4:00 PM



January 31, 2024  
PD/Organizational  
Day No Students





### Introducing the “Opportunity Room” (aka O.R.) at RVS

We are excited to share a plan for a new system of support available for Gr 7 & 8 students who may be struggling to achieve academic success. At this point we have been running the pilot for 3 weeks. This is how it works...

A school space and supervision have been arranged for lunch recesses for Tuesday, Wednesday and Thursday to manage a program we are calling the O.R. - aka Opportunity Room. Students may be assigned to attend if they are missing assignments, failing a course, or have submitted work that is significantly below the quality they are capable of.

As noted there will be an adult available to support their learning, and help them to either complete or redo work as needed. It may also be a space where students can write a test they may have missed due to an absence. We anticipate no more than 12 students in the space at a time, to better enable everyone to get the support they need. While the initial student view may be that this is a consequence - and it is in the sense that it is holding them accountable for their learning - it is also an opportunity to get help, and to lay the foundation for making better academic choices in the future.

This is a process I implemented many years ago (back in my days as a High School teacher), in response to an increase in failing marks and a lack of motivation to either complete work, or to complete work of a high quality. Unfortunately, we are seeing a number of our students struggling with similar challenges of both motivation and skill. Already we are seeing gains in work completion, and hopefully confidence in skills as well. We know students will need these skills to succeed both now as well as later in life. As students move to the high school level they will encounter something similar with the ‘flex block’ system. At this point we are also considering how to pilot something similar with our Grade 6 classes also - stay tuned!

We really appreciate parent support around initiatives like this - thank you. If you have any questions, please feel free to contact your child’s homeroom teacher or myself at any time.

Cheers,  
Mrs. Cooper-Shand





**Important Dates to Remember**

Mon	Tues	Wed	Thurs	Fri
<b>1</b> Christmas Break	<b>2</b> Christmas Break	<b>3</b> Christmas Break	<b>4</b> Christmas Break	<b>5</b> Christmas Break
<b>CLOSED FOR THE HOLIDAYS</b>				
<b>8 Day 8</b>  Last Day to order Pizza	<b>9 Day 1</b>  K to Gr 2 AHS Dental Visits	<b>10 Day 2</b>	<b>11 Day 3</b>	<b>12 Day 4</b>
<b>15 Day 5</b>	<b>16 Day 6</b>  Pizza Day	<b>17 Day 7</b>  Parent Matters Online Meeting	<b>18 Day 8</b>	<b>19 Day 1</b>  All Kindergarten in attendance
<b>22 Day 2</b>  K to Gr 2 AHS Dental Visits  Science Fair Entry Forms Due???	<b>23 Day 3</b>  K to Gr 2 AHS Dental Visits  School Council @ 4:00PM	<b>24 Day 4</b>  K to Gr 2 AHS Dental Visits	<b>25 Day 5</b>  K to Gr 2 AHS Dental Visits	<b>26 Day 6</b>  K to Gr 2 AHS Dental Visits  Beach Day Gr 6 to 8 Literacy Day Gr 1 to 5
<b>29 Day 7</b>  K to Gr 2 AHS Dental Visits	<b>30 Day 8</b>  K to Gr 2 AHS Dental Visits  Subway Day	<b>31</b>  Organizational Day No Students		







## RVS Cold Weather

RVS uses the Environment Canada site which measures temperatures at the Sundre Airport. Staff check this site around 8:00 in the morning to determine whether students will be coming in before the bell in the morning. RVS uses -20 (with or without wind) as our guideline for having students come inside early. Prior to recesses on chilly days, the same process is followed to determine whether kids are in or out. Occasionally, there are those grey areas... For example, if kids have been inside all day, and at last recess it is -20, but no wind and sunny, students may go outside. As always, students should come dressed for the ever-changing winter weather of Alberta - thanks!

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### Results of regular attendance in K-2

- 1 Fundamentals of reading, writing and math - built early
- 2 Reading well by the end of grade 3
- 3 Move to middle school academically confident
- 4 Important middle school courses completed
- 5 High school graduation & preparation for life



CHINOOK'S  
EDGE

## Ready, Set, Go!

### Welcome to Online Kindergarten Registration!

Chinook's Edge will be accepting Online Kindergarten Registrations starting January 8, 2024 for the 2024-2025 school year. Please visit our website at [www.cesd73.ca](http://www.cesd73.ca) for Kindergarten information!





# MIDDLE SCHOOL NASHVILLE DANCE







# CAROL SING AND HOT CHOCOLATE







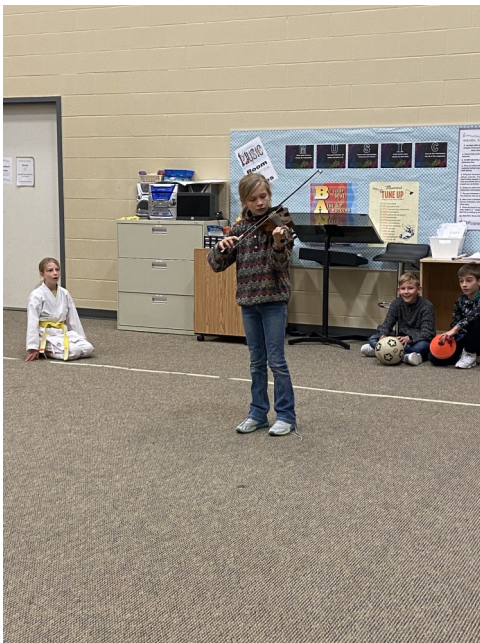
2C finished off their sound energy unit by making music!



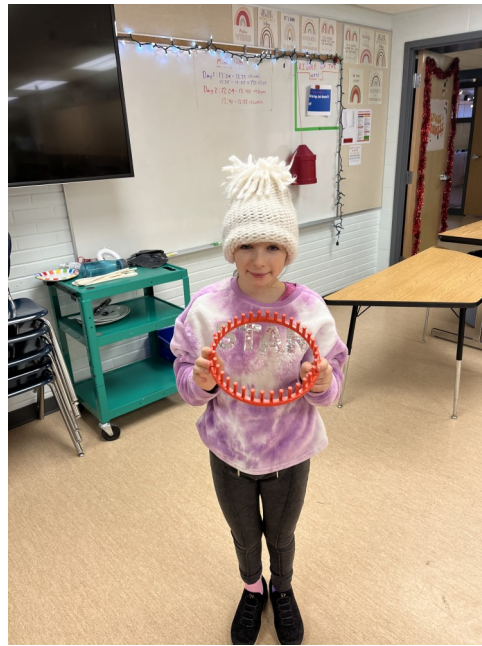
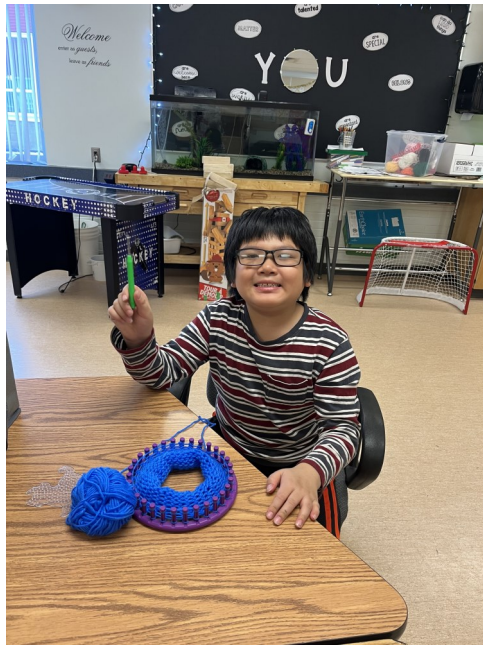
Gr1B/2B and Gr 5A reading buddies



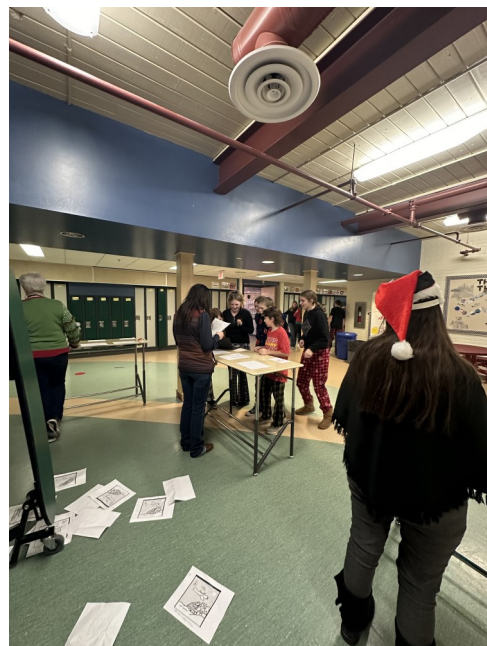
Talent Showcase and Gr 5 PE Floor Hockey Tournament







YES Program @ RVS

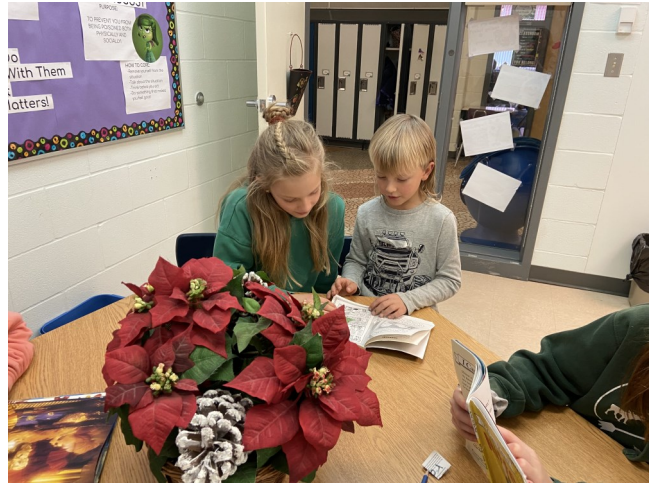


Middle School Puzzle Race





# Community Connections



Alberta Health Services  
Dental Visits  
Kindergarten to Grade 2

January 9, 2024  
January 22, 23, 24,  
25 & 26 2024  
January 29 & 30, 2024

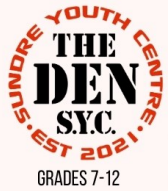
**Our Annual RVS Science Fair  
will be held on  
Monday February 12, 2024**  
**Students from K-8 are invited to  
enter a project**  
For more information students  
please see Mr. West in  
Room 210 or parents  
email: [newest@cesd73.ca](mailto:newest@cesd73.ca)

Science fair  
Start thinking about your  
projects!!

Community Sharing

If you have events pertaining  
to school age children, please  
connect with Greenwood  
Neighborhood Place  
to have them added to  
Sundre On the Go





# JANUARY 2024



## NOTES:

Please Pre-register for the January 5th Movie night and the January 19th Pickleball event.



[www.thedensyc.org/upcoming-events](http://www.thedensyc.org/upcoming-events)



\*We won't be able to run either event without adequate registration.



HOW WELL  
**DO YOU KNOW?**  
OUR VOLUNTEERS?

OVER THE MONTH OF JANUARY WE WILL BE GETTING TO KNOW OUR VOLUNTEERS! DO YOU HAVE A BURNING QUESTION FOR US? ENTER IT IN THE BOX AT THE DEN FOR A CHANCE TO WIN A \$10 CANTEEN GIFT CARD!



PRE-REGISTRATION LINKS AND EVENTS CAN BE FOUND HERE!  
[HTTPS://WWW.THEDENSYC.ORG/UPCOMING-EVENTS](https://www.thedensyc.org/upcoming-events)

MON	TUE	WED	THU	FRI	SAT	SUN
1 	2	3 WEDNESDAY EVENINGS ARE GREAT FOR STUDY GROUPS, HOMEWORK OR GROUP PROJECTS!	4	5 MOVIE NIGHT PLEASE REGISTER 6-9PM 	6	7
8	9	10 DROP IN 3-6 EVENING DROP IN 6-8PM 	11 DROP IN 3-6	12 FRIDAY NIGHT HANG OUT 6-9PM	13	14
15	16	17 DROP IN 3-6 EVENING DROP IN 6-8PM	18 DROP IN 3-6 SUNDRE CITIZENS 6-7PM	19 PICKLEBALL 6-9PM PLEASE REGISTER BY THE 10TH 	20	21
22	23	24 DROP IN 3-6 EVENING DROP IN 6-8PM 	25 DROP IN 3-6 PAINT NIGHT 6-8PM 	26 FRIDAY NIGHT HANG OUT 6-9PM	27	28
29	30	31 DROP IN 3-6 EVENING DROP IN 6-8PM	LIFE HAPPENS... THIS SCHEDULE IS SUBJECT TO CHANGE. BE SURE TO FOLLOW US ON FACEBOOK & INSTA TO BE THE FIRST TO HEAR ABOUT ANY CHANGES COMING UP!			





We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at [www.cesd73.ca](http://www.cesd73.ca) under Careers/Casual Support Staff, by email at [transportation@cesd73.ca](mailto:transportation@cesd73.ca) or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds